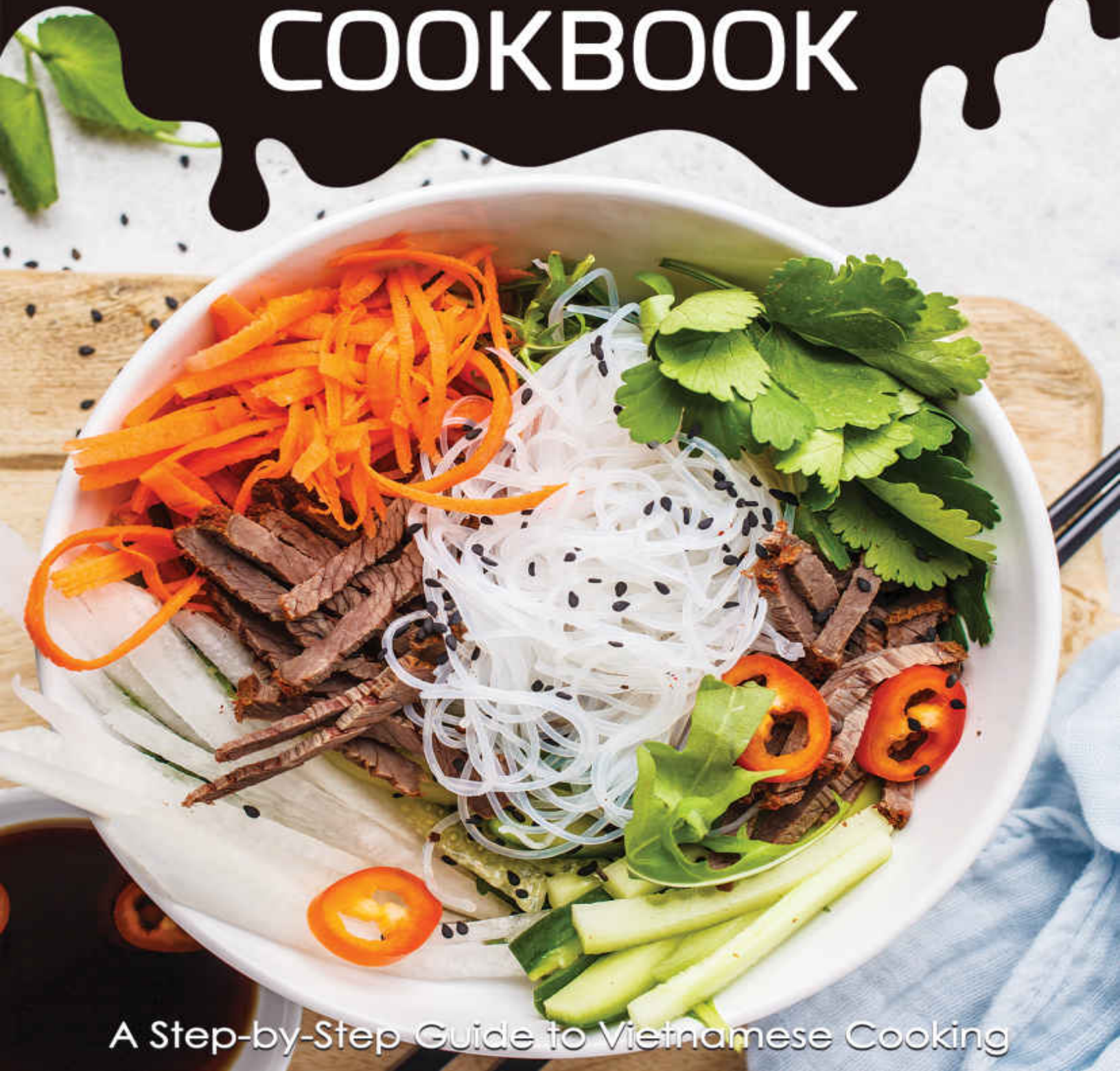
NANCY SILVERMAN

CLASSIC VIETNAMESE COOKBOOK



A Step-by-Step Guide to Vietnamese Cooking

Classic Vietnamese Cookbook

A Step-by-Step Guide to Vietnamese Cooking

BY: Nancy Silverman

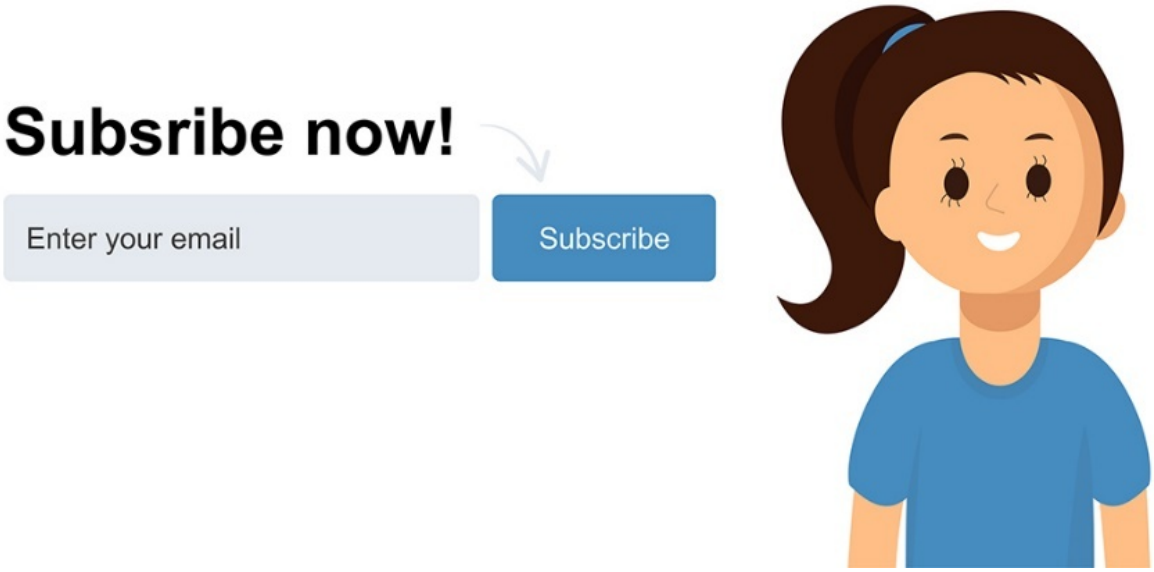
COPYRIGHT NOTICES

© 2019 Nancy Silverman All Rights Reserved

Subject to the agreement and permission of the author, this Book, in part or in whole, may not be reproduced in any format. This includes but is not limited to electronically, in print, scanning or photocopying.

The opinions, guidelines and suggestions written here are solely those of the Author and are for information purposes only. Every possible measure has been taken by the Author to ensure accuracy but let the Reader be advised that they assume all risk when following information. The Author does not assume any risk in the case of damages, personally or commercially, in the case of misinterpretation or misunderstanding while following any part of the Book.

My Heartfelt Thanks and A Special Reward for Your Purchase!



https://nancy.gr8.com

My heartfelt thanks at purchasing my book and I hope you enjoy it! As a special bonus, you will now be eligible to receive books absolutely free on a weekly basis! Get started by entering your email address in the box above to subscribe. A notification will be emailed to you of my free promotions, no purchase necessary! With little effort, you will be eligible for free and discounted books daily. In addition to this amazing gift, a reminder will be sent 1-2 days before the offer expires to remind you not to miss out. Enter now to start enjoying this special offer!

Table of Contents

(1) Vietnamese Roast Duck

(2) Crab and Asparagus Soup

(3) Vietnamese Egg Rolls

(4) Duck and Nut Soup with Jujubes

(5) Vietnamese Crêpe

(6) Grilled Beef with Shrimp Sauce

(7) Baked Cinnamon Meat Loaf

(8) Stir Fried Pork with Peanuts and Basil

(9) Baked Stuffed Crab Shells

(10) Vietnamese Sandwich

(11) Beef Saté

(12) Stir Fried Chicken with Chillies

(13) Beef Stew with Lemon Grass and Carrot

(14) Sour Broth with Water Spinach and Beef

(15) Beef Stew with star Anise and Basil

(16) Prawn & Cauliflower Curry

(17) Braised Eel with Butternut Squash

(18) Pork Pâté in a Banana Leaf

(19) Caramelize Prawns with Coconut Milk

(20) Mussels with Chilli, Ginger and Lemon Grass

(21) Deep Fried Sweet Potato Patties

(22) Hanoi Fried Fish with Dill

(23) Duck in a Spicy Orange Sauce

(24) Vietnamese Pork Ribs

(25) Garlic Roasted Quails with Honey

About the Author

Author's Afterthoughts

(1) Vietnamese Roast Duck

This is the Vietnam answer to the Peking duck. In the Vietnamese home, a duck is always served with salads or pickled vegetables with a few sweet dipping sauces and steamed rice.

Yield: 6

Total Prep Time: 1 hour 50 minutes

Ingredient list:

- 1 duck
- 6 Tbsp. of fresh root ginger, lightly crushed
- 4 garlic cloves, crushed

- 1 lemon grass stalks, halved and bruised
- 4 spring onions, halved and crushed
- 5 Tbsp. of nuoc mam
- 2 Tbsp. of soy sauce
- 2 Tbsp. of honey
- 1 Tbsp. of five-spice powder
- 1 tsp. of ground ginger

Instructions:

1. Beat the nuoc mam, soy sauce, and honey in a bowl.
2. Add the five-spice powder and ground ginger.
3. Rub the mixture on the duck inside and outside its skin.
4. Place the duck in a tray and leave in the fridge for 24 hours.
5. Preheat the oven at 425°F.
6. Stuff the duck with the ginger, lemon grass, spring onions, and garlic.
7. Use metal skewers to poke some holes in the skin all over the duck.
8. Put your duck in a roasting tray with the breast side down and cook in the oven for about 45 minutes.
9. Then baste with the juices which have dripped into the tray from time to time.
10. Turn the duck on the other side after some 45 minutes and leave in the oven for 45 more minutes.
11. The duck is ready after piercing the duck; the juice runs clear.
12. Serve immediately and enjoy.

(2) Crab and Asparagus Soup

This is a delicious soup with a meaty texture, finished with crab and asparagus. If you are using fresh crabs instead of a tin, it will positively increase the quality of the soup.

Yield: 4

Total Prep Time: 3 hours 5 minutes

Ingredient list:

- 1 Tbsp. of vegetable oil
- 2 shallots, finely chopped
- 2 garlic cloves, finely chopped
- 2 garlic cloves, crushed
- 1 Tbsp. of rice flour

- 1 1/3 cups of cooked crab meat, chopped
- 1 lb. of preserved asparagus, finely chopped
- 1 meaty of chicken carcass
- 1 ½ Tbsp. of dried shrimp, soak in water for 30 minutes
- 2 onions, cut quartered
- 1 Tbsp. of nuoc mam
- Handful of fresh basil leaves, chopped
- Handful of fresh coriander leaves, chopped
- 6 black peppercorns
- Salt and black pepper

IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII

Instructions:

1. Place the chicken carcass into a large pan.
2. Add the crushed garlic, the onions, the dried shrimp, the nuoc mam, and the black peppercorn.
3. Pour 8 cups of water and bring to the boiling stage.
4. Skin off any foam and reduce the heat, cover and simmer for 1 ½ to 2 hours.
5. Remove the lid and simmer further for another 30 minutes to reduce the liquid.
6. Skin off any fat and season. Strain and keep 6 ¼ cups of the stock aside.
7. Heat the vegetable oil in a wok or large saucepan.
8. Stir in the shallots and garlic until they begin to color.
9. Remove from the heat and stir in the rice flour and pour in the 6 ½ cups of stock.
10. Return the wok or saucepan into the heat and bring to the boiling. Stir constantly until smooth.

11. Add the crab and asparagus. Reduce the heat and simmer for 15 to 20 minutes.
12. Season to taste and serve into bowl and garnish with basil and coriander leaves.

(3) Vietnamese Egg Rolls

This is one of the most famous Vietnamese recipes, the egg rolls or “Nem”. The rolls accompanied with salad and some mint leaves, which you will dip in a nuoc mam sauce, will be a real delight for everyone.

Yield: 4

Total Prep Time: 1 hour 20 minutes

Ingredient list:

- 1 cup of ground pork
- 1 cup of shrimp, peeled
- ½ cup of crab flesh, well drained
- 20 rice cakes
- 2 onions, chopped
- 1 ½ Tbsp. of black fungus, dried

- ½ cup of bean sprouts
- 1 carrot, grated
- 1 Tbsp. of nuoc mam
- 1 tsp. of sugar
- 2 Tbsp. of sunflower oil
- 1 Tbsp. of vinegar
- 3 Tbsp. of rice vermicelli
- Sprigs of fresh mint, chopped
- Salt and pepper

Instructions:

1. Soak the fungus in warm water for 20 minutes. Drain and cut into thin strips.
2. Soak the vermicelli in warm water for 5 minutes. Drain and cut into small pieces.
3. Mix the pork, shrimp, and the crab together in a large bowl.
4. Add the fungus, onions, bean sprouts, carrot, and the vermicelli.
5. Season well while mixing and add the sugar and the nuoc mam.
6. Soak the rice cakes in warm water mixed with the vinegar.
7. Remove immediately and place the rice cakes on a clean cloth to dry.
8. Garnish the wet rice cakes with the filling mixture.
9. Wrap and carefully fold each end to form a roll.
10. Heat the sunflower oil in a wok and cook the rolls until golden.

(4) Duck and Nut Soup with Jujubes

This northern Vietnamese soup takes long time to make but will satisfy anyone with its flavor and taste. Replace the jujubes with dates if you cannot find them. You can serve this soup on its own or with rice; it is really a meal on its own.

Yield: 4

Total Prep Time: 3 hours 55 minutes

Ingredient list:

- 3 Tbsp. of vegetable oil
- 4 duck legs, split into thighs and drumsticks

- 1 coconut, juice
- 4 Tbsp. of nuoc mam
- 4 lemon stacks, bruised
- 12 chestnuts, peeled
- ¼ cup of unsalted cashew nuts, roasted
- ¼ cup of unsalted almonds, roasted
- ¼ cup of unsalted peanuts, roasted
- 12 jujubes
- 7 ¾ cups of water
- 1 bunch of fresh basil
- Salt and pepper

IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII

Instructions:

1. Heat the vegetable oil in a wok of large frying pan.
2. Cook the duck drumstick and thighs until brown.
3. Remove from the heat and drain the duck for any excess oil into kitchen paper.
4. Bring the water to the boiling stage.
5. Reduce the heat and add the coconut juice, nuoc mam, lemon grass, and the duck.
6. Cover the sauce pan and simmer over a gentle heat for 2 to 3 hours.
7. Skim off any fat on the surface of the soup.
8. Add the cashew, peanuts, almonds, chestnuts and jujubes and cook further for another 40 minutes.
9. Skim any fat on the surface of the soup.
10. Season and add basil leaves and serve.

(5) Vietnamese Crêpe

This delightful recipe of Vietnamese stuffed pancake with shrimp and pork will bring a big difference to everyone. You can serve this dish with a nice salad with mint. The filling can be the way you want.

Yield: 4

Total Prep Time: 1 hour 5 minutes

Ingredient list:

- 1 ½ cup of flour
- 1 ¾ cup of coconut milk
- 1 tsp. of turmeric

- 4 stems of spring onion, finely chopped
- 1 cup of pork belly, cut into fine sliced
- 2 Tbsp. of fish sauce
- 1 ½ cup of shrimp, peeled
- ½ cup of bean sprouts
- 1 ½ shallots, chopped
- 1 garlic clove, chopped
- 1 bunch of coriander, chopped
- 1 Tbsp. of sunflower oil

Instructions:

1. Combine the pork belly with garlic, shallots, and fish sauce in a bowl.
2. Mix well and cover. Leave in the fridge for 30 minutes.
3. After, cook the pork mixture into a frying pan for 3 to 4 minutes and set aside.
4. Take a saucepan and boil the water in it to cook the bean sprouts. Keep cooking for 5 minutes.
5. After draining, set aside.
6. Take another saucepan with boiling water and cook the shrimp for 2 to 3 minutes.
7. Drain and set aside.
8. Combine the flour with the coconut milk in a large bowl.
9. Whisk until you get a smooth mixture and add the turmeric and spring onions.
10. Grease a large frying pan slightly and pour one handle of the smooth mixture.
11. Cook for 3 minutes and add some shrimp, bean sprouts, the pork, and coriander.

12. Cook further for another 5 minutes. Fold the crepe and serve.

(6) Grilled Beef with Shrimp Sauce

In this Vietnamese recipe, these thin strips of beef are marinated, grilled and served with a shrimp sauce. A very tasty combination and perfect for an appetizer or some nice cocktail nibbles.

Yield: 4

Total Prep Time: 40 minutes

Ingredient list:

- 1 lb. of beef rump, cut into thin strips
- 24 wooden skewers
- 24 small lettuce leaves

- 1 small bunch of fresh coriander
- 2 lemon grass stalks, trimmed and chopped
- 1 red chillies, seeded and chopped
- 2 shallots, chopped
- 2 garlic cloves, chopped
- 2 tsp. of sugar
- 2 Tbsp. of nuoc mam
- 1 tsp. of soy sauce
- 1 Tbsp. of groundnut oil

Instructions:

1. Pound the lemon grass, shallots, garlic, chillies and sugar using a mortar and pestle until it forms a paste.
2. Beat the nuoc mam, soy sauce with the groundnut oil in a large bowl.
3. Add the paste and beat well again.
4. Add and toss the beef well into the marinade.
5. Cover and leave in the fridge for 1 to 2 hours.
6. Soak the wooden skewers into water for 20 minutes.
7. Thread the beef onto the skewers.
8. Cook on the grill on each side for 1 minute.
9. Wrap the beef skewers in the lettuce leaves and shrimp sauce.

(7) Baked Cinnamon Meat Loaf

Similar to the Vietnamese steamed pâté, this type of meat loaf is usually served as a snack or light lunch with a crusty baguette. You can drizzle some nuoc mam or chilli oil as well and serve it with noodles.

Yield: 6

Total Prep Time: 60 minutes

Ingredient list:

- 2 Tbsp. of nuoc mam
- 1 ½ Tbsp. of ground cinnamon
- 2 tsp. of sugar
- 1 tsp. of ground black pepper
- 1 Tbsp. of potato starch

- 1 lb. of lean minced pork
- 1 oz. of pork fat, finely chopped
- 2 shallots, finely chopped
- 1 Tbsp. of vegetable oil

Instructions:

1. Mix the nuoc mam, cinnamon, sugar and black pepper together in a large bowl.
2. Add the potato starch and mix everything well.
3. Add the minced pork, the pork fat and shallots, and mix everything well.
4. Cover and put in the fridge for 3 to 4 hours.
5. Preheat the oven at 350°F.
6. Lightly oil a baking tin and spread the pork mixture on it.
7. Cover with foil and bake for 35 to 40 minutes.
8. Remove the meat loaf from the oven and tin and slice it.

(8) Stir Fried Pork with Peanuts and Basil

Pork stir fried with nuts and herbs and with a splash of citrus is everyday home cooking in Vietnam. This recipe can be replaced with chicken and the combination of lime, basil, mint and coriander makes it particularly refreshing and tasty.

Yield: 4

Total Prep Time: 35 minutes

Ingredient list:

- 3 Tbsp. of groundnut oil
- 1 lb. of pork tenderloin, cut into fine strips

- 4 spring onions, chopped
- 4 garlic cloves, chopped
- 2 red chillies, peeled and finely chopped
- ½ cup of shelled, unsalted peanuts
- 1 ½ inch of fresh root ginger, peeled, finely grated
- 2 limes, juice, grated rind
- 2 Tbsp. of nuoc mam
- 2 Tbsp. of grated fresh coconut
- ½ cup of fresh mint leaves, chopped
- ½ cup of fresh basil leaves, chopped
- ½ cup of fresh coriander leaves, chopped

Instructions:

1. Heat 2 Tbsp. of groundnut oil in a wok or a large frying pan.
2. Then add the pork and sear over the high heat until is browned.
3. Transfer the pork and juice into a plate and set aside.
4. Wipe the wok or pan and return to the heat with the remaining of the groundnut oil.
5. Add the spring onions, garlic, chillies, and ginger.
6. Stir fry until the aromas rise and add the peanuts. Stir fry for 1 to 2 minutes.
7. Return the pork into the wok or pan.
8. Stir in the rind and lime juice and the nuoc mam.
9. Add the coconut, mint, basil, and coriander.

(9) Baked Stuffed Crab Shells

The Vietnamese have made recipe inspired by French. Though they do this on their own way with a combination of bean threads noodles and cloud ear mushrooms. If you don't have any crab shells, use some individual ovenproof dishes instead.

Yield: 4

Total Prep Time: 45 minutes

Ingredient list:

- 1 oz. dried bean thread noodles
- 6 dried cloud ear mushrooms
- 1 lb. of fresh crab meat
- 1 Tbsp. of vegetable oil
- 2 tsp. of nuoc mam
- 2 shallots, finely chopped

- 2 garlic cloves, finely chopped
- 1 inch of fresh root ginger, peeled and grated
- 1 small bunch of coriander, stalks removed, leaves chopped
- 1 egg, beaten
- 2 Tbsp. of butter
- Salt and black pepper

Instructions:

1. Preheat the oven at 350°F.
2. Soak the bean thread noodles and cloud ear mushrooms separately in different bowls of warm water for 15 minutes.
3. Squeeze, then dry and chop finely.
4. Mix the noodles, mushrooms and the crab meat together in a large bowl.
5. Add the vegetable oil, nuoc mam, shallots and garlic.
6. Add the ginger, coriander and season well.
7. Stir in the beaten egg.
8. Spoon the mixture into a small crab shells.
9. Top each of the shells with a little butter.
10. Place the shells on a baking tray and cook for 20 minutes.

(10) Vietnamese Sandwich

This Vietnamese chicken sandwich recipe goes back to the French presence in Vietnam. In the end of the French influence in Indochina, the Vietnamese people adapted the traditional French Baguette sandwich to their own way and taste to the. There is a different version to be made.

Yield: 4

Total Prep Time: 30 minutes

Ingredient list:

- 2 chicken breasts, cooked, cut into pieces
- 2 Tbsp. of soy sauce
- 2 Tbsp. of sesame oil
- 1 tsp. of ginger, grated

- 3 carrots, grated
- ½ tsp. of coarse salt
- ½ tsp. of sugar
- 4 Tbsp. of rice vinegar
- 8 Tbsp. of mayonnaise
- 1 tsp. of sriracha sauce
- 1 lime, juice
- 1 cucumber, peeled, seeded, slice finely
- Handful of fresh coriander
- 2 baguettes, cut in halves and open

IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII

Instructions:

1. Combine the chicken with the sesame oil and ginger in a small bowl.
2. Cover and leave in the fridge for one hour.
3. Combine the carrots with salt, sugar, and vinegar in another bowl. Mix well and set aside.
4. Mix the mayonnaise with the sriracha sauce and lime juice in a third bowl. Set aside.
5. Spread the mayonnaise mixture over the bread.
6. Cover with one layer of carrots and some slice of cucumber.
7. Add some chicken pieces and some coriander on the top.
8. Close both parts with the baguette and enjoy.

(11) Beef Saté

This spicy peanut paste is a great favorite in the South-East Asia. It is thought to be originated from India. In Vietnam, it is used for grilling and stir frying with meat and seafood too. It is best served with noodles.

Yield: 6

Total Prep Time: 50 minutes

Ingredient list:

- 1 ½ lb. of beef sirloin, cut into small pieces
- 5 Tbsp. of groundnut oil
- 5 garlic cloves, crushed

- 5 dried Serrano chillies, seeded and ground
- 2 tsp. of curry powder
- 1/3 cup of roasted peanuts, finely ground

Instructions:

1. Heat 1 Tbsp. of groundnut oil in a wok or large frying pan.
2. Add and cook the garlic until it changes color.
3. Add the chillies, curry powder, and roasted peanuts.
4. Cook on a gentle heat until the mixture forms a paste.
5. Remove from the heat and set aside to cool down at the room temperature.
6. Whisk the rest of the oil into the mixture.
7. Put the beef in a large bowl.
8. Add the saté mixture with the beef and mix everything well.
9. Set aside for 30 minutes to marinate.
10. Meanwhile, soak six wooden skewers in water for 30 minutes.
11. Place the beef into the skewers and grill for 2 to 3 minutes on each side.

(12) Stir Fried Chicken with Chillies

This is a simple and so tasty chicken with chillies and the flavor of caramel. This recipe can be cooked with pork or seafood as well. Perfect if served with a salad, some rice wrappers and some dipping sauce too.

Yield: 4

Total Prep Time: 40 minutes

Ingredient list:

- 1 Tbsp. of sugar
- 2 Tbsp. of groundnut oil
- 2 garlic cloves, finely chopped
- 2 red chillies, seeded, finely chopped
- 2 lemon grass stalks, finely sliced

- 1 onion, finely sliced
- 12 oz. of chicken breast, skinless, cut into strips
- 2 Tbsp. of soy sauce
- 1 Tbsp. of nuoc mam
- 1 bunch of fresh coriander, stalks removed, leaves chopped
- Salt and black pepper

Instructions:

1. Add the sugar and one tsp. of water in a small saucepan.
2. Heat gently to make some caramel until all the sugar has dissolved and turned golden. Set aside.
3. Heat a wok or a large frying pan with the groundnut oil.
4. Stir in the garlic, chillies and the lemon grass and stir fry until fragrant.
5. Add the onion and stir fry for one minute.
6. Add the chicken and cook until cooked through.
7. Add the soy sauce, the nuoc mam, and the caramel sauce.
8. Stir and mix everything well and heat through.
9. Season and toss the coriander and serve immediately.

(13) Beef Stew with Lemon Grass and Carrot

A delicious Vietnamese beef stew recipe with lemongrass and carrots. You can serve it with plain rice or just some nice crusty bread. Always remember, it is even better when you reheat the next day. A little influence made from the French “Indochina”.

Yield: 4

Total Prep Time: 2 hours 55 minutes

Ingredient list:

- 2.2 lbs. of stewing beef, cut into pieces
- 6 cups of chicken broth

- 1 large onion, chopped
- 3 garlic cloves, chopped
- 5 sprigs fresh lemongrass, crushed
- 2 cinnamon sticks
- 3-star anise
- 1 tsp. of five spice powder
- 2 Tbsp. of fish sauce
- 2 Tbsp. of sugar
- 1 Tbsp. of tomato paste
- 7 carrots, cut into pieces
- 2 Tbsp. of sunflower oil
- Salt and pepper

ıllllllllllllllllllllllllllllllllllllllllllllllll

Instructions:

1. Combine the onion, garlic, fish sauce, sugar, and five spices in a large bowl.
2. Add the beef and mix everything well. Set aside for 30 minutes.
3. Heat the sunflower oil in a large saucepan.
4. Add the beef with the marinade and cook until the beef starts to get brown.
5. Add the tomato paste, cinnamon, and the star anise. Mix well.
6. Pour the chicken broth and add the lemongrass.
7. Cook and bring to the boiling stage, then reduce the heat to low.
8. Cook and simmer for two hours.
9. Half hour before the end of cooking, add the carrots and season.

(14) Sour Broth with Water Spinach and Beef

Water spinach is a popular vegetable in Vietnam. When cooked, the stems remain crunchy while the leaves soften, leading a delightful contrast of texture. Served as an appetizer - this is a light soup with tender bites of beef and sour notes of lemon juice.

Yield: 4

Total Prep Time: 55 minutes

Ingredient list:

- 2 Tbsp. of nuoc mam
- 1 tsp. of sugar

- 6 oz. of beef fillet, finely slice into strips
- 5 cups of beef stock
- 6 oz. of water spinach, trimmed, rinsed, leaves and stalks separated
- 1 lemon, juice
- 1 red chilli, seeded and finely sliced
- Black pepper

IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII

Instructions:

1. Stir the nuoc mam with the sugar in a small bowl until dissolved.
2. Toss the beef strips and set aside for 30 minutes.
3. Pour the beef stock in a saucepan and bring to the boiling stage.
4. Reduce the heat and add the water spinach.
5. Add the lemon juice and black pepper.
6. Divide the beef strips mixture into four bowls.
7. Pour the hot beef stock into each bowl.
8. Add the red chilli on each bowl and serve immediately.

(15) Beef Stew with star Anise and Basil

The Vietnamese prepare this recipe for breakfast or on a chilly morning. Traditionally, it has an orange hue from the oil in which annatto seeds have been fried, but here in this recipe, the color comes from the turmeric.

Yield: 4

Total Prep Time: 65 minutes

Ingredient list:

- 1 ¼ lb. of lean beef, cut into small cubes
- 1 Tbsp. of ground turmeric
- 2 Tbsp. of sesame oil
- 3 shallots, chopped
- 3 garlic cloves, chopped

- 2 red chillies, seeded and chopped
- 2 lemon grass stalks, cut into pieces and bruised
- 1 tsp. of curry powder
- 4 star anise, roasted and ground to powder
- 2 ¾ cups of beef stock, hot
- 3 Tbsp. of nuoc mam
- 2 Tbsp. of soy sauce
- 1 Tbsp. of raw cane sugar
- 1 bunch of fresh basil, stalks removed
- Salt and black pepper

Instructions:

1. Toss the beef with the ground turmeric in a large bowl.
2. Heat the sesame oil in a wok or large frying pan.
3. Stir in the shallots, garlic, chillies and lemon grass and cook until fragrant.
4. Add the curry powder and 2 tsp. of star anise.
5. Add the beef and cook until brown.
6. Add the beef stock, the nuoc mam, soy sauce and sugar.
7. Stir and bring to the boiling stage.
8. Reduce gently and cook for about 40 minutes.
9. Season and add the remaining of the star anise with the basil.
10. Transfer the beef stew into a serving dish and enjoy.

(16) Prawn & Cauliflower Curry

This is a basic fisherman's curry from the southern coast of Vietnam. Very simple to make and usually eaten from a communal bowl or the wok itself and served with noodles or rice.

Yield: 4

Total Prep Time: 35 minutes

Ingredient list:

- 1 lb. of raw tiger prawns, shelled and cleaned
- 1 lime, juice
- 1 Tbsp. of vegetable oil
- 1 red onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 2 red chillies, seeded and chopped
- 1 cauliflower, into florets
- 1 tsp. of sugar
- 2 star anise, dry fried and ground
- 2 tsp. of fenugreek, dry fried and ground
- 2 cups of coconut milk
- 1 bunch of fresh coriander leaves, chopped
- Salt and pepper

Instructions:

1. Toss the prawns with the lime juice in a large bowl and set aside.
2. Heat a wok or a large frying pan with the vegetable oil.
3. Add and cook the red onion, garlic and chillies for 2 minutes.
4. Add the cauliflower and stir fry for 2 to 3 minutes.
5. Toss in the sugar with the star anise and fenugreek.
6. Add the coconut milk and mix everything well.
7. Reduce the heat and simmer for 10 to 15 minutes.
8. Add the prawns and cook further for another1 to 2 minutes.
9. Season to taste and add the coriander.
10. Serve immediately and enjoy.

(17) Braised Eel with Butternut Squash

Although this dish is found in many parts of Vietnam, it is traditionally a northern dish where the eel are caught in the Red, Black and Song River. It can be served with rice or noodles and if you cannot find eel make this recipe with mackerel instead.

Yield: 4

Total Prep Time: 45 minutes

Ingredient list:

- 3 Tbsp. of raw cane sugar
- 2 Tbsp. of soy sauce

- 3 Tbsp. of nuoc mam
- 2 garlic cloves, crushed
- 2 dried chilli
- 2 star anise
- 4 black peppercorns
- 12 oz. of eel on the bone, skinned cut into thick chunks
- 7 oz. of butternut squash, cut into chunks
- 4 spring onions, cut into bite size pieces
- 2 Tbsp. of sesame oil
- 2 inch of fresh root ginger, peeled, cut into matchsticks
- Salt and pepper

Instructions:

1. Put the raw cane sugar with 2 Tbsp. of water into a wok or large frying pan.
2. Gently heat the mixture until it turns golden brown.
3. Remove the wok or pan from the heat and stir in the soy sauce and nuoc mam with ½ cup of water.
4. Add the garlic, chillies, star anise and peppercorns.
5. Return the wok or pan to the heat and add the eel.
6. Add the butternut squash and spring onions and make sure everything is well coated with the sauce.
7. Season and reduce the heat, cover and simmer for 20 minutes.
8. Heat another wok or frying pan with the sesame oil.
9. Stir fry the root ginger until crisp and golden.
10. Remove and drain any excess oil on a kitchen paper.
11. Serve the eel and sprinkle the ginger on the top.

(18) Pork Pâté in a Banana Leaf

This pâté, which is also called “Cha Lua”, will bring a different taste and flavor generated from the banana leaf. It is best served with some crusty bread or simply with a salad of your choice. You can replace the banana leaf with any large green leaves such as cabbage for example.

Yield: 6

Total Prep Time: 1 hour 20 minutes

Ingredient list:

- 3 Tbsp. of nuoc mam
- 2 Tbsp. of vegetable oil
- 1 Tbsp. of sugar
- 2 tsp. of five-spice powder

- 2 shallots, finely chopped
- 2 garlic cloves, crushed
- 3 ¼ cups of minced pork
- ¼ cup of potato starch
- ½ tsp. of baking powder
- 1 banana leaf, trimmed into a strip of 10 inch wide
- Salt and black pepper

Instructions:

1. Mix the nuoc mam with the vegetable oil, sugar and five-spice powder in a bowl.
2. Add and mix the shallots and the garlic.
3. Then mix the minced pork into the mixture and season well.
4. Knead everything well and cover. Place in a fridge for 2 to 3 hours.
5. Mix the pork mixture again and add the potato starch and baking powder.
6. Keep kneading until you get a smooth mixture.
7. Form the pork mixture into a large fat sausage.
8. Flatten the banana leaf and brush with a little vegetable oil.
9. Put the pork on the edge of the banana leaf.
10. Roll the leaf all around nicely, tight and secure it with some string.
11. Steamed the pork pâté for 45 minutes into a steamer.
12. When cooked, leave the pork pâté to cool down.
13. Open the banana leaf and slice the pâté and enjoy it.

(19) Caramelize Prawns with Coconut Milk

The prawn with garlic and coconut milk recipe is one of the classic of all Vietnamese families. This dish is originally from South Vietnam and can be accompanied with rice. Don’t hesitate to sprinkle some fresh herbs when serving - such as mint or coriander.

Yield: 4

Total Prep Time: 40 minutes

Ingredient list:

- 2 cups of raw prawns
- ½ cup coconut milk

- 4 garlic cloves, finely chopped
- 2 shallots, finely chopped
- 2 Tbsp. of sunflower oil
- 1 tsp. of salt
- 1 Tbsp. of fish sauce
- 1 Tbsp. of sugar
- Ground black pepper

Instructions:

1. Wash the prawns and remove heads, shell, and keep the tails.
2. Heat the sunflower oil in a wok or frying pan.
3. Add the garlic and shallots and the prawns.
4. Cook the prawns until they retract for about 5 minutes.
5. Add the coconut milk, salt, fish sauce, and sugar.
6. Cook further for another 5 minutes.
7. Remove the prawns and set aside.
8. Cook and reduce the sauce for another 5 minutes over medium heat.
9. As soon as you see the sauce starts to caramelize, return the prawns to the wok.
10. Cook quickly for 1 to 2 minutes to coat the prawns and add ground pepper.

(20) Mussels with Chilli, Ginger and Lemon Grass

Mussels are so easy and quick to do with so many different ways. This recipe was originally taken from one of the classic French recipe, which was later adapted to the Vietnamese taste and flavor. This is best served with crusty bread.

Yield: 4

Total Prep Time: 30 minutes

Ingredient list:

- 2 ½ cups of chicken stock
- 1 red chilli, seeded and chopped

- 2 shallots, finely chopped
- 3 lemon grass stalks, finely chopped
- 1 bunch of ginger leaves
- 2 ¼ lb. of fresh mussels
- Salt and pepper

ıı

Instructions:

1. Heat the chicken stock into a large pot.
2. Add the chilli, shallots, lemon grass, and ginger.
3. Bring to the boiling stage, reduce, cover, and simmer for 10 to 15 minutes.
4. Add the mussels, stir well with the mixture and season well.
5. Cover and cook for 2 minutes.
6. Pour the mussels in four large bowls with some jus and serve immediately.

(21) Deep Fried Sweet Potato Patties

This dish “Banh Tom” is a Hanoi specialty and traditionally, the patties are served with herbs and lettuce leaves for wrapping. They can be made with winter melon or zucchini as well. You can make the patties of any size and any shape you like.

Yield: 4

Total Prep Time: 45 minutes

Ingredient list:

- ½ cup of flour
- ½ cup of rice flour
- 1 tsp. of baking powder
- 2 tsp. of sugar

- 1 inch of fresh root ginger, peeled and grated
- 2 spring onions, finely sliced
- 6 oz. of small prawns, peeled and deveined
- 1 sweet potato, peeled, cut into fine matchsticks
- 3 cups of vegetable oil
- Salt and black pepper

Instructions:

1. Combine the flour and the rice flour into a bowl.
2. Add the baking powder, the sugar and half tsp. of salt and black pepper.
3. Gradually stir in 1 cup of the water and then mix everything well.
4. Add the grated ginger and the spring onions.
5. Leave to stand for 30 minutes.
6. Add the prawns and sweet potato into the batter, making sure they are well coated.
7. Heat the vegetable oil in a wok or large frying pan.
8. Place one Tbsp. of the mixture in the hot oil and fry for 2 to 3 minutes, turning it over.
9. Drain on a kitchen paper to remove any excess oil.
10. Continue with the rest of the mixture.

(22) Hanoi Fried Fish with Dill

The north of Vietnam is well-known for its use of pungent herbs, so much that a dish of noodles can be served plain. Dressed only with coriander and basil this is a popular dish from Hanoi.

Yield: 4

Total Prep Time: 35 minutes

Ingredient list:

- 2/3 cup of rice flour
- 1 ½ tsp. of ground turmeric
- 1 ¼ lb. of white fish fillets, cut into chunks
- 1 bunch of dill, chopped
- 3 cups of vegetable oil

- 1 Tbsp. of groundnut oil
- 2 Tbsp. of roasted peanuts
- 4 spring onions, cut into bite size
- 1 bunch of fresh basil, stalks remove, leaves chopped
- 1 bunch of fresh coriander, stalks remove, chopped

Instructions:

1. Combine the rice flour with the turmeric in a large bowl.
2. Toss the fish in the flour mixture until they are well coated.
3. Heat the vegetable oil in a wok or a large frying pan.
4. Cook the fish until crisp and golden. Drain on a kitchen paper to remove any excess oil.
5. Place the fish into a warm dish and discard the oil.
6. Heat the groundnut oil in a wok or frying pan.
7. Stir in the roasted peanuts and cook for one minute.
8. Add spring onions, the dill, basil and coriander and stir fry for 30 seconds.
9. Spoon the mixture over the fish and serve immediately.

(23) Duck in a Spicy Orange Sauce

The Vietnamese recipe of duck cooked with orange is inspired from the classic French recipe “Canard à l’Orange”. Yet the usage of spices, lemon grass and chillies make it quite different. Serve with steamed rice and vegetables.

Yield: 4

Total Prep Time: 1 hour 50 minutes

Ingredient list:

- 4 duck legs
- 4 garlic cloves, crushed
- 3 Tbsp. of fresh root ginger, peeled, finely sliced
- 2 lemon grass stalks, trimmed, cut into 3 pieces, crushed

- 2 dried red chillies
- 1 Tbsp. of palm sugar
- 1 tsp. of five-spice powder
- 2 Tbsp. of nuoc cham
- 3 ¾ cups of fresh orange juice
- 2 limes, cut into wedges
- Salt and black pepper

Instructions:

1. Place the duck legs, skin side down in a large saucepan.
2. Cook on both sides at medium heat for about 10 minutes. Keep cooking until browned and crispy.
3. Transfer the duck into a plate and set aside.
4. Add and stir in the garlic, ginger, lemon grass and chillies into the same saucepan.
5. Add the sugar, the five-spice powder and the nuoc cham.
6. Stir in the orange juice and place the duck legs back to the saucepan.
7. Cover and cook gently for 1 to 2 hours. Keep cooking until the duck is tender.
8. Season, garnish with lime wedges, and serve immediately.

(24) Vietnamese Pork Ribs

This is another great recipe, which Vietnam took from its neighbor China. During the time, the taste and flavor was transformed to the one preferred by Vietnamese. These ribs are perfect as a snack or as a main meal with rice and vegetables.

Yield: 4

Total Prep Time: 35 minutes

Ingredient list:

- 3 Tbsp. of hoisin sauce
- 3 Tbsp. of nuoc mam
- 2 tsp. of five-spice powder
- 3 Tbsp. of vegetable oil

- 3 garlic gloves, crushed
- 1 ½ inch of fresh root ginger, peeled and grated
- 1 bunch of fresh basil, stalks removed, leaves shredded

Instructions:

1. Mix the hoisin sauce and the nuoc mam sauce in a bowl.
2. Add one Tbsp. of vegetable oil and the five-spice powder.
3. Heat a wok or a large saucepan with water to the boiling stage.
4. Add the pork ribs and keep boiling the water for 10 minutes.
5. Drain the pork ribs and set aside.
6. Heat the remaining vegetable oil in another wok or large frying pan.
7. Add and cook the garlic and ginger until fragrant.
8. Add the pork ribs and cook fry for about 5 minutes.
9. Add the sauce mixture and make sure the pork ribs are well coated.
10. Stir fry for 10 to 15 minutes until the liquid is almost gone.
11. Add the basil and serve immediately.

(25) Garlic Roasted Quails with Honey

A great recipe made with quails but it can be made with other small birds as well. Either roasted, grilled or on the barbecue - it is up to you to decide. The secret is the marinade, which will bring the juicy taste of the quails and will make it crispy too.

Yield: 4

Total Prep Time: 50 minutes

Ingredient list:

- 2/3 cup of mushroom soy sauce
- 3 Tbsp. of honey

- 1 Tbsp. of sugar
- 8 garlic cloves, crushed
- 1 Tbsp. of black peppercorns, crushed
- 2 Tbsp. of sesame oil
- 8 quails

ıllllllllllllllllllllllllllllllllllllllllllllll

Instructions:

1. Mix the soy sauce with the honey and sugar in a bowl until the sugar is liquefied.
2. Add the garlic, black peppercorns, and sesame oil.
3. Open out and flat the quails.
4. Spread the marinade all over the quails and place in a dish.
5. Cover and leave in the fridge for at least 4 hours.
6. Preheat the oven at 450°F.
7. Place the quail's breast side down in a roasting tray.
8. Place and cook in the oven for 10 minutes.
9. Remove the quail from the oven and turn them.
10. Baste well with the juice and return to the oven further for another 15 to 20 minutes.
11. Serve immediately when cooked through.

About the Author

Nancy Silverman is an accomplished chef from Essex, Vermont. Armed with her degree in Nutrition and Food Sciences from the University of Vermont, Nancy has excelled at creating e-books that contain healthy and delicious meals that anyone can make and everyone can enjoy. She improved her cooking skills at the New England Culinary Institute in Montpelier Vermont and she has been working at perfecting her culinary style since graduation. She claims that her life's work is always a work in progress and she only hopes to be an inspiration to aspiring chefs everywhere.

Her greatest joy is cooking in her modern kitchen with her family and creating inspiring and delicious meals. She often says that she has perfected her signature dishes based on her family's critique of each and every one.

Nancy has her own catering company and has also been fortunate enough to be head chef at some of Vermont's most exclusive restaurants. When a friend suggested she share some of her outstanding signature dishes, she decided to add cookbook author to her repertoire of personal achievements. Being a technological savvy woman, she felt the e-book realm would be a better fit and soon she had her first cookbook available online. As of today, Nancy has sold over 1,000 e-books and has shared her culinary experiences and brilliant recipes with people from all over the world! She plans on expanding into self-help books and dietary cookbooks, so stayed tuned!

Author's Afterthoughts

Thank you for making the decision to invest in one of my cookbooks! I cherish all my readers and hope you find joy in preparing these meals as I have.

There are so many books available and I am truly grateful that you decided to buy this one and follow it from beginning to end.

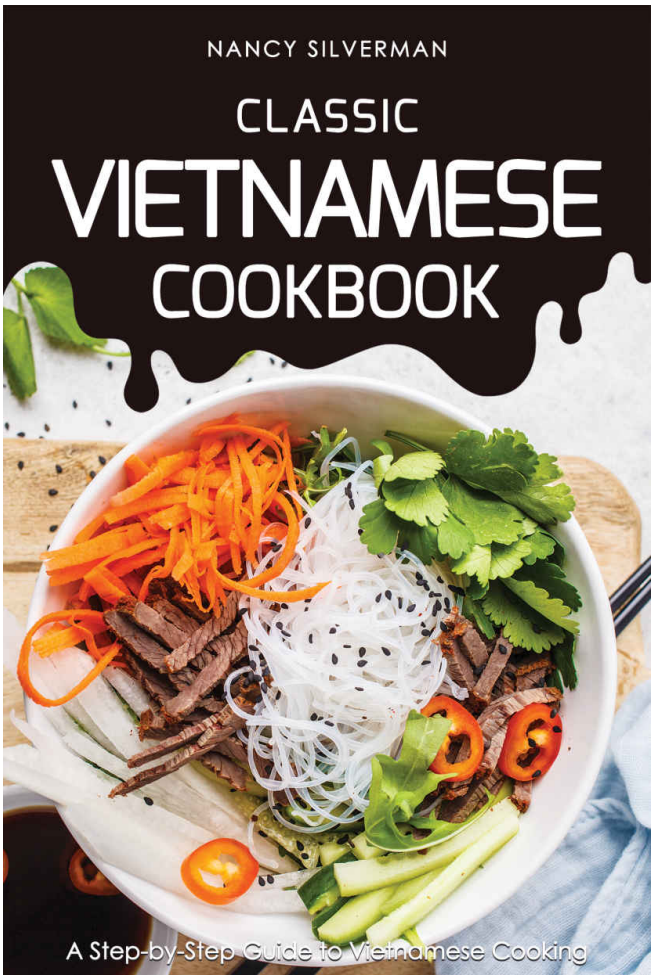
I love hearing from my readers on what they thought of this book and any value they received from reading it. As a personal favor, I would appreciate any feedback you can give in the form of a review on Amazon and please be honest! This kind of support will help others make an informed choice on and will help me tremendously in producing the best quality books possible.

My most heartfelt thanks,

Nancy Silverman

If you're interested in more of my books, be sure to follow my author page on Amazon (can be found on the link Bellow) or scan the QR-Code.

https://www.amazon.com/author/nancy-silverman


NANCY SILVERMAN
CLASSIC
VIETNAMESE
COOKBOOK
A Step-by-Step Guide to Vietnamese Cooking